HERMAN & CORN'S

WARTIME PREPAREDNESS GUIDE

A comprehensive manual for staying safe and ready.

Israel Wartime Readiness

Field Guide & Checklists

Illustrated Edition

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This document is **not an official government resource**. It is a community-authored field guide compiled by Daniel Rosehill with AI assistance, based on publicly available guidance from the Israel Home Front Command (Pikud HaOref). Cross-referenced against official HFC guidance from oref.org.il, archived 20 March 2026. **Always defer to official instructions** from HFC, the IDF, Israel Police, and local authorities. Provided as-is, with no warranty.

Official source: oref.org.il · HFC Hotline: 104

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QUICK REFERENCE

Tear out or photocopy this page. Post on fridge, in mamad, and in go bag.

☼ DAYTIME AT-HOME POSTURE

- ☐ **PHONE — ON PERSON, CHARGED, HFC APP**
- ☐ **DRESSED — FULL CLOTHES, CLOSED-TOE SHOES**
- ☐ **KEYS — ON PERSON OR IN/BY DOOR**
- ☐ **GO BAG — BY DOOR, ZIPPED**
- ☐ **EXIT — HALLWAY CLEAR, DOOR OPENS QUICKLY**
- ☐ **BROWSER ALERT — ACTIVE (if at desk)**

☾ BEFORE BED POSTURE

- ☐ **PHONE — CHARGING, NOT AIRPLANE MODE**
- ☐ **CLOTHES — LAID OUT BY BED**
- ☐ **SHOES — CLOSED-TOE BY BED**
- ☐ **TORCH — NIGHTSTAND, ARM'S REACH**
- ☐ **GLASSES — BY BED**
- ☐ **KEYS — BY BED OR BY DOOR**
- ☐ **GO BAG — BY DOOR, POWER BANK CHARGING**
- ☐ **EXIT — HALLWAY CLEAR, NOT DOUBLE-LOCKED**
- ☐ **HEARING — NO EARPLUGS**
- ☐ **DEPENDENTS — ALL ACCOUNTED FOR**

⚠ NIGHT ALARM — FIRST 30 SECONDS

1. **Feet on floor → into shoes** (same spot every night)
2. **Grab glasses + phone** from nightstand
3. **Caffeine pill *(optional)*** — sip of water, if you keep them bedside

4. **Pull on clothes** laid out by bed
5. **Torch** if power is out
6. **Move to protected space** or front door
7. **Parents:** one → children, other → go bag (pre-assigned)

LEGEND & SYMBOLS

SYMBOL	MEANING
☐	Checkbox — physically verify and tick off
⚠️	**Critical item** — do not skip under any circumstances
☼	Daytime-specific action
☾	Nighttime-specific action
📱	Smartphone / phone-related
💧	Water / hydration
🛡️	Shelter / protection
🎒	Go bag / supplies
🏠	Home environment
🩹	Medical / first aid
📡	Alerts / emergency communications
👶	Children / dependents

A head lamp is a useful go-bag addition — it lets you find a dark shelter while keeping your hands free.

PART I

The Guide

How to use this document, detailed guidance notes, and special-situation protocols.

Print and prepare your checklists before you need them — don't wait for a siren to figure out what to do.

Chapter 1: How To Use This Document

Preparation (Before Emergencies)

Print and prepare this checklist before you need it. Do not wait for a siren to figure out what to do.

During routine periods:

- **Print multiple copies** on durable paper (or laminate if possible)
- **Affix a strip of reflective tape** to the cover or top edge — visible when swept with a torch in the dark
- **Bind or staple** the pages together. A document folder or plastic sleeve works well
- Prepare at least **3 copies**:
  - On the fridge or by the front door (the working copy)
  - In the go bag
  - In the mamad / protected space
- **Review and reprint** whenever the checklist is updated

Running The Checklist

Two-person method (recommended). One person reads each item aloud. The other physically verifies it and responds (e.g. “CHECK”, “DONE”, “NOT YET”). This is the challenge-and-response method used in aviation and military checklists.

CHECKLIST	WHEN TO RUN
Full Master Checklist (Ch. 5)	Start of any escalation or war · After evacuation · Weekly during sustained conflict
Quick Smoke Test — BRACED (Ch. 4)	Daily during wartime · Weekly during elevated tension · Monthly during routine
Situational Checklists (Ch. 6)	Every time, during wartime or escalation

⚠️ Items marked with ⚠️ are **critical** — do not skip these under any circumstances.

Chapter 2: Guidance Notes

Choosing a Go Bag

Your go bag is the single most important physical item in your readiness kit. **Use a backpack, not a tote bag.** See Appendix H for a full packing list.

You need both hands free. You may be carrying a child, holding a torch, opening doors, or navigating stairs in the dark.

✓ What to look for

- **Two shoulder straps** with padding
- **Chest strap and/or waist strap**
- **Water-resistant material**
- **30–40 litre capacity**
- **Multiple compartments** — find things in the dark by feel
- **Durable zips**
- **Dark or neutral colour**

× What to avoid

- Tote bags, drawstring bags, single-strap slings
- Wheeled luggage — useless on stairs or rubble
- Very large bags (60L+) — too heavy
- Fashion bags with no structure

Once selected

- Affix **reflective tape** to straps
- Assign each item a **fixed pocket**

- Keep it **by the front door**

Only leave your protected space when you receive an all-clear from the Home Front Command — never assume it's over because it's quiet.

In Shelter — When To Leave

⚠️ **Wait for the all-clear.** Do NOT leave your protected space until you receive an all-clear from HFC (via the app, official media, or the all-clear siren pattern).

If you have no connectivity (phone dead, no signal, no internet):

- **Stay in shelter.** The default when you have no information is to remain in place
- Do NOT assume the situation is over because it has been quiet
- If you have a radio, tune to a national station
- **When in doubt, stay longer.** Leaving too early is far more dangerous than staying too long

Many casualties occur because people leave shelter prematurely.

Confused about which shelter to pick? Follow the decision-making flowchart on the next page — it walks you through the priority order so you don't have to think under pressure.

Protected Space Decision Tree

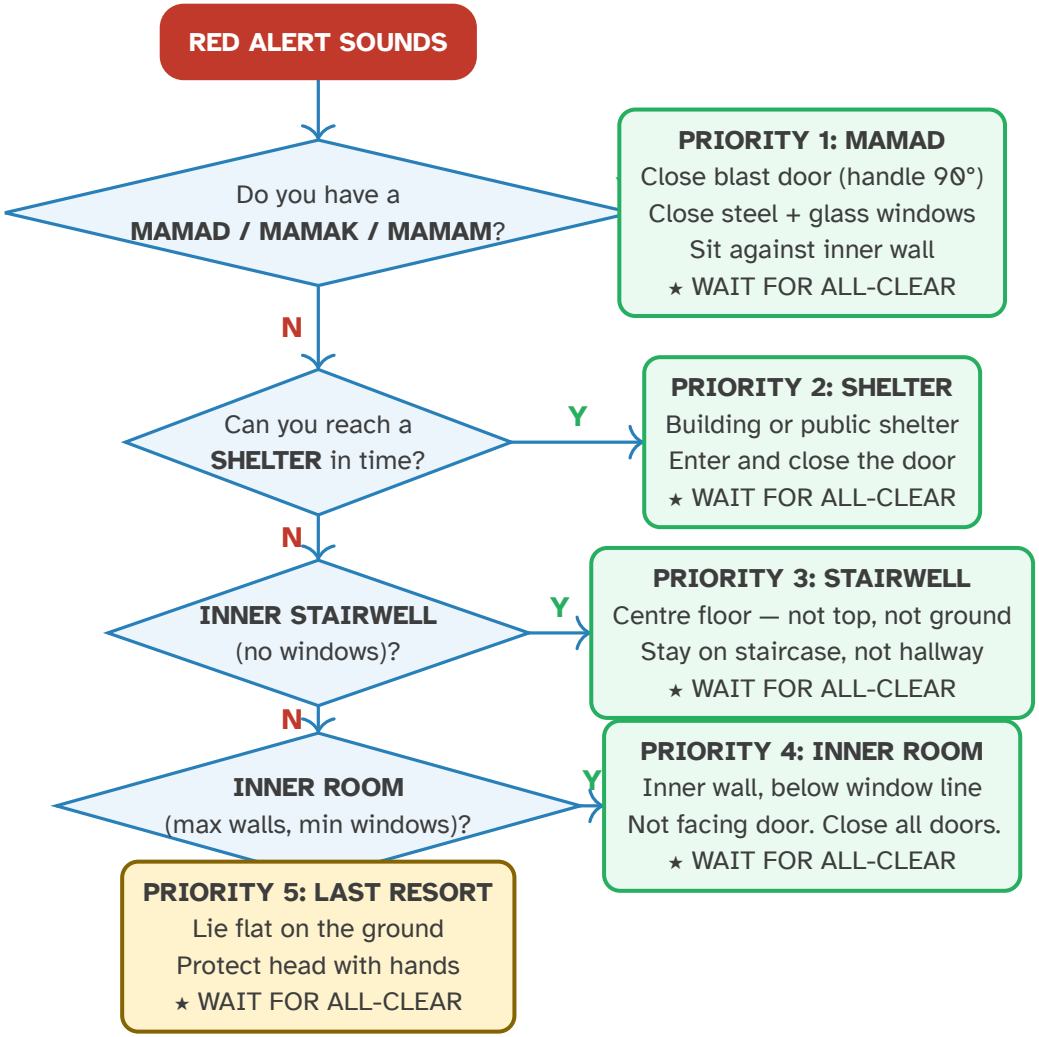
When a Red Alert sounds, choose the highest-priority option you can reach.[1]

Do NOT leave shelter before the all-clear is given.

⛔ **NOT valid:** Kitchen · Bathroom · Toilet · Building entrance lobby · Caravans / prefab · Areas with ceramics, porcelain, or glass · Room with only exterior walls · Room directly beneath the roof

Stairwell positioning: 3+ floors: at least 2 floors above you. 3-storey building: middle floor only.

[1]Based on Home Front Command protocol as of 20 March 2026.


RED ALERT SOUNDS
Do you have a MAMAD / MAMAK / MAMAM?
PRIORITY 1: MAMAD
Close blast door (handle 90°)
Close steel + glass windows
Sit against inner wall
★ WAIT FOR ALL-CLEAR
N
Can you reach a SHELTER in time?
Y
PRIORITY 2: SHELTER
Building or public shelter
Enter and close the door
★ WAIT FOR ALL-CLEAR
N
INNER STAIRWELL (no windows)?
Y
PRIORITY 3: STAIRWELL
Centre floor — not top, not ground
Stay on staircase, not hallway
★ WAIT FOR ALL-CLEAR
N
INNER ROOM (max walls, min windows)?
Y
PRIORITY 4: INNER ROOM
Inner wall, below window line
Not facing door. Close all doors.
★ WAIT FOR ALL-CLEAR
PRIORITY 5: LAST RESORT
Lie flat on the ground
Protect head with hands
★ WAIT FOR ALL-CLEAR

In Shelter — Behaviour

Children

- **Use a calm, steady voice.** Children take their cues from adults
- **Explain simply:** *"We're in our safe room. We wait here until we're told it's safe"*
- **Have a comfort item ready** — one in the mamad, one in the go bag
- **Hold young children close** — physical contact is reassuring
- **Do not lie** — children hear sirens. Acknowledge and redirect to the plan

General

- **Sit against an inner wall,** below window line
- **Do NOT use elevators** during or after an alert
- **Do NOT go outside to photograph interceptions** — falling debris causes injuries
- **Keep the mamad/shelter door closed** until the all-clear
- If you smell gas or see structural damage, **move to alternative shelter** and call **102**
- After the all-clear, **send a brief safety confirmation** to family
- **Do not spread unverified information**

The journey to shelter is one of the most dangerous moments — act decisively, hold the handrail, wear closed-toe shoes, and watch your surroundings.

Moving Safely to a Public Shelter

The journey to shelter is one of the most dangerous moments.

Before you move

- Know where you're going
- Grab go bag only if on the route
- Secure children first, then move

On the stairs

- **Hold the handrail**
- Move decisively but **watch your footing** — many injuries happen on the way to shelter
- Stay to one side

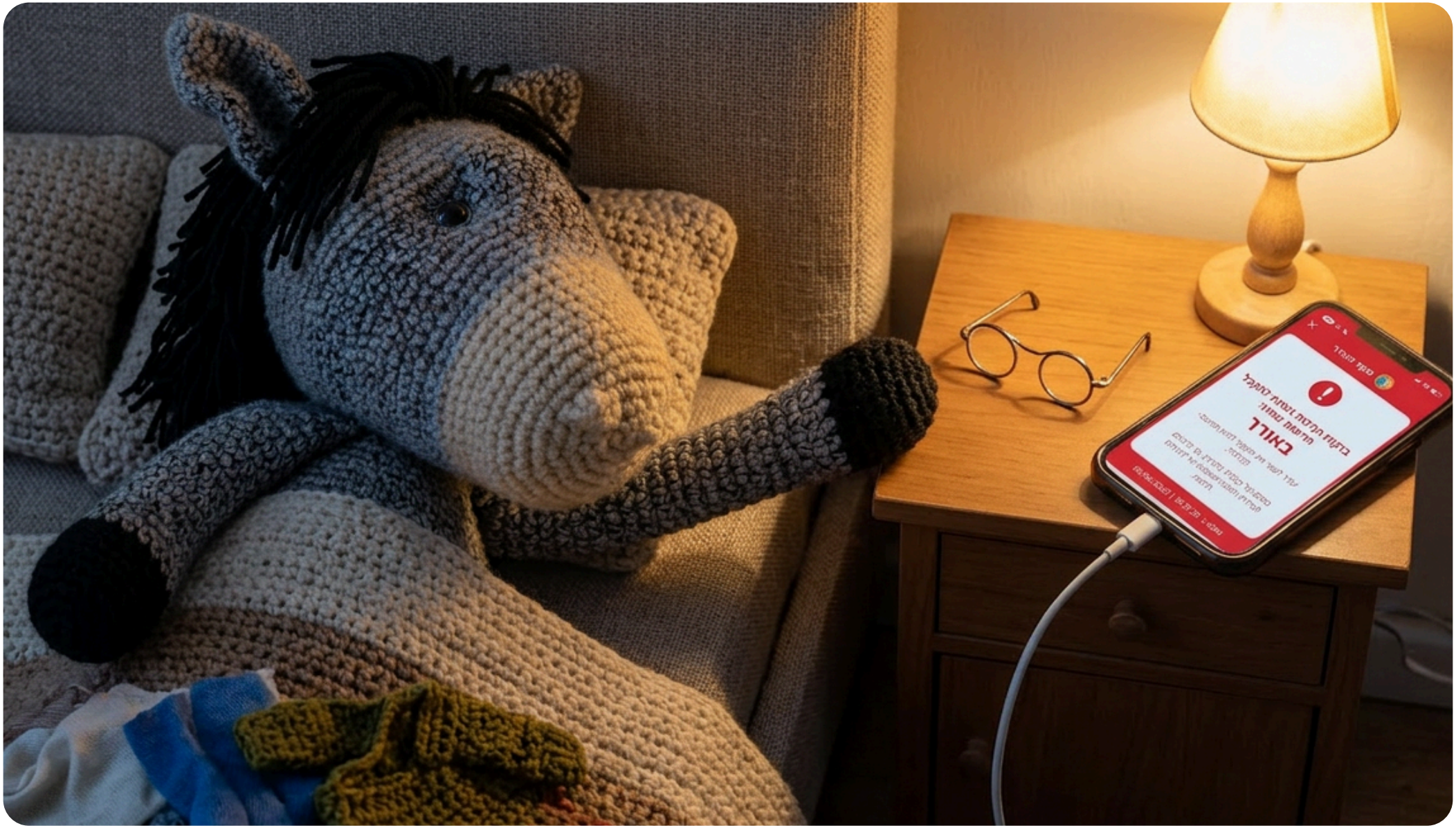
Outside

- **Watch the ground** — glass, uneven pavement
- Do NOT run across roads without looking
- Wear closed-toe shoes
- If shelter unreachable, enter nearest building or lie flat

At the shelter door

- Let children, elderly, mobility-limited enter first
- Move away from entrance once inside

⚠️ **Common injuries:** Falls on stairs (wet, dark, socks) · Tripping on uneven ground · Cuts from bare feet on debris · Collisions in narrow hallways · Panic-related sprains



Night alarms are the hardest scenario — shoes by the bed, clothes laid out, torch on the nightstand. Don't think, just move.

Waking Up to a Night Alarm

This is one of the hardest scenarios. Everything in §6.4 exists to make this moment survivable on autopilot.

The first 5 seconds

1. **Siren / Alert** — Do not process. Just move. ☐ **AWAKE — MOVING**
2. **Shoes** — Same spot every night. ☐ **ON FEET**
3. **Glasses & Phone** — From nightstand. ☐ **IN HAND**
4. **Caffeine pill *(optional)*** — Sip of water. ☐ **TAKEN**

The next 10–20 seconds

5. **Clothes** — Pull on whatever is laid out. Speed over appearance. ☐ **ON**
6. **Torch** — From nightstand if power is out. ☐ **IN HAND**
7. **Protected space** — Move to shelter or front door. ☐ **IN POSITION**

For parents

8. **Children** — One parent → child/children. Other → go bag. ☐ **ROLES EXECUTING**
9. **Baby** — In babywear by door. Do not stop to dress them. ☐ **SECURED**

Do not think. Follow the procedure. Every decision at 3am is one you should have made before bed.
Do not check your phone. The siren means go. Read details in the shelter.
It gets easier. After 2–3 night alarms, the routine becomes automatic.

Alert fatigue is real — but the one you skip could be the one that matters. Keep sheltering, even when it feels routine.

Fighting Alert Fatigue

After days or weeks of alerts, the temptation to stop reacting is enormous. This is **alert fatigue** — a normal neurological process, not a character flaw. But it kills people.

Why it happens:

- Repeated exposure reduces your response — normal neurology
- Most alerts end without personal impact, reinforcing false safety beliefs
- Fatigue, stress, and disrupted sleep degrade motivation
- Social pressure: if neighbours aren't sheltering, you feel permission to stop

How to fight it:

- **Reframe every alert as the first one.** The one you skip could be the one that matters
- **Use the checklist mechanically.** They work when your judgment doesn't
- **Keep your shoes on.** The single biggest predictor of whether someone will shelter
- **Lower the effort, not the standard.** Sleep in clothes by the door — that's adapting
- **Talk about it.** "I'm feeling alert fatigue. Let's keep going to shelter."
- **Remember:** Civilian injuries spike in weeks 2–3, when alert fatigue peaks

Readiness includes taking care of yourself. Sleep when you can, eat even when you're not hungry, and limit doom-scrolling.

Wellness During Protracted Conflict

Wars lasting weeks create cumulative strain different from acute stress. Readiness includes taking care of yourself.

Physical

- **Sleep when you can.** Any sleep is better than none
- **Eat regular meals.** Stress suppresses appetite — eat anyway
- **Drink water.** Dehydration amplifies fatigue
- **Shower when you can.** Hygiene is a morale multiplier
- **Move your body.** Even 10 minutes of stretching
- **Manage medication.** Maintain a 72-hour buffer

Psychological

- **Limit news** to every 1–3 hours — don't doom-scroll
- **Maintain routines.** Even small ones stabilise
- **Stay connected.** Isolation amplifies stress
- **Acknowledge the difficulty.** "This is hard" is not weakness
- **Watch for warning signs** — insomnia, inability to eat, withdrawal, rage, numbness
- Call **ERAN (1201)** or **NATAL (1-800-363-363)**

Children need extra reassurance. Maintain bedtime routines. Don't dismiss fears — validate and redirect: *"Yes, it's scary. And we have a plan, and our safe room works, and we're together."*

Give yourself permission to function imperfectly. Safety first, then wellbeing, then everything else.

Use lulls wisely — restock water, fill prescriptions, charge everything, and repack the go bag. These windows don't last.

During Lulls — Resupply & Maintenance

When there's a pause in alerts — hours or days — use the window wisely. These lulls don't last.

⚠️ **Stay alert even during quiet periods.** Keep your phone on, HFC app running, and shoes accessible. Lulls can end without warning.

Resupply (with caution)

	TASK	NOTES
💧	**Stock up on water**	Top up to 72-hour supply per person (9L each)
🍴	**Restock pantry**	Canned goods, shelf-stable foods — see Appendix I
🏥	**Fill prescriptions**	If pharmacies are open — don't wait for the last pill
📱	**Charge everything**	All phones, power banks, laptops, torches, radios
🎒	**Repack go bag**	Replace anything used; check expiry dates
🚗	**Fill car fuel**	At least half a tank; queues may be long
	Cash withdrawal	ATMs may go offline; keep small bills on hand
	Laundry	Clean clothes ready for the next round

Home & Safety

- **Check mamad/shelter** — anything displaced by shaking? Door still seals?
- **Secure loose items** — objects may have shifted from impacts
- **Test smoke detector and fire extinguisher** — infrastructure damage increases fire risk
- **Check gas lines** — if you smell gas, shut off and call **102**

Personal & Family

- **Contact family and friends** — confirm everyone is safe; update plans
- **Fill prescriptions and medical supplies** — pharmacies may have limited hours
- **Shave, shower, do laundry** — morale and normalcy matter
- **Sleep** — real sleep, not a nap. Set an alarm if you're anxious about missing an alert
- **Play with children** — normality is the best antidote to anxiety
- **Walk outside briefly** — sunlight and fresh air if the area is safe

Prioritise ruthlessly. Water and medications first. Then power. Then food. Then everything else. Don't try to do it all — the lull may be short.

Caring for Elderly Neighbours & Vulnerable People

Before the escalation

- **Know your neighbours** — especially those living alone or with limitations
- **Exchange phone numbers**
- **Establish a buddy system** — check on each other after every alert
- **Know who holds a spare key**

During alerts

- Check on elderly/mobility-limited neighbours **on your way** (only if safe)
- Help them to safest position: inner wall, away from windows
- After the all-clear, **knock on their door** — 10 seconds

Ongoing support

- Check **food, water, medications**
- Help with **technology** — phone charged, HFC app configured
- **Offer to include them** in supply runs
- If distressed: **118** (Welfare Ministry) or ***8840** (Senior Citizens)

Using Communal / Public Shelters

⚠️ HFC maintains official shelter information. Check the HFC app or oref.org.il. This guidance supplements — does not replace — official instructions.

Finding shelters: HFC app, building committee (vaad bayit), or physically walk to your nearest 3.

Access: Many are locked — find the keyholder. Some have restricted hours. Report storage/access issues to municipality.

Etiquette:

- Make space — move to the back
- **Priority:** children, elderly, pregnant women, people with disabilities
- Keep noise down
- Share resources with those who arrive without supplies
- **Pets:** many shelters do not allow animals — check in advance
- Bring something for children to do

During wartime, what you share online can endanger lives — including your own. Don't post locations, impact sites, or military activity.

Information Security (INFOSEC)

⚠️ During wartime, what you share online can endanger lives — including your own.

Do NOT share

- **Exact locations of impacts**
- **Military or emergency activity**
- **Photos/videos** revealing locations
- **Casualty info** before families notified

Do NOT believe

- Unverified reports on X, Telegram, WhatsApp
- “Breaking” news from unknown accounts
- Dramatic unconfirmed claims
- Screenshots from unverified sources

Do: Use **official sources** (HFC app, IDF Spokesperson, Israel Police, Kan 11 — free live stream at kan.org.il/live, established media). Check before sharing. Tell others to delete sensitive location info.

Even well-intentioned sharing can be lethal INFOSEC. When in doubt, don’t post.

Preliminary Guidelines (Advance Warning)

HFC provides **3–5 minute advance warning** for attacks from distant sources (e.g. Yemen).

- Notification via HFC app **before** the siren
- Does **NOT** require shelter entry
- It means: **prepare.** Shoes on. Phone located. Know where you're going

What to do:

- **At home:** Ensure shoes, keys, phone, go bag in position
- **Driving:** Look for a solid building to pull over near
- **On public transport:** Follow crew instructions; bend below window line
- **Outside with children:** Identify nearest shelter; gather children close

When the actual alert sounds: follow standard shelter procedure (Appendix D).

Terrorist Infiltration

⚠️ **Different protocol** from rocket/missile response. Do NOT follow standard shelter procedure for rockets — stay **hidden**, not just sheltered.

If Indoors

1. **Lock the house door**
2. **Leave lights on outside** the house (helps security forces navigate)
3. **Enter the Mamad** (protected room), close the door properly, sit **below the window line**
4. If no Mamad — enter a **hideaway** (internal room with lockable door, no windows)
5. **Do NOT exit** the protected space until official authorities announce the event has ended

If Outdoors

1. **Immediately enter** the nearest protected place (building, shop, public structure)
2. Stay there until official authorities announce the event has ended

If In a Vehicle

1. If you can keep driving — **get to a safe location nearby** as fast as possible
2. If you cannot drive — **stop on the side of the road**, seek nearby shelter offering maximum protection
3. Stay in shelter until official authorities announce the event has ended

Critical Reminders

- **Traffic in the area is prohibited** — entry banned until further notice
- If a **rocket/missile alert sounds during a terrorist infiltration** — do NOT go to a protected space outside the house, including the stairwell. Stay where you are
- **Do NOT dismantle the Mamad door handle.** Removing it damages the mechanism. To block entry from outside, barricade the handle with a heavy object
- **Do NOT share your location** on social networks or media channels
- **Stay updated** via Home Front Command messages on official platforms

Licensed weapon holders: Aim at front door. Fire only on positive ID.

Terrorist Infiltration — Decision Flowchart

TERRORIST INFILTRATION ALERT
Where are you?
INDOORS
OUTDOORS
IN VEHICLE
Lock door · Lights on outside
Enter Mamad or inner room
★ WAIT FOR ALL-CLEAR
Enter nearest building
or shop immediately
★ WAIT FOR ALL-CLEAR
Can drive? → safe location
Can't? → stop & seek shelter
★ WAIT FOR ALL-CLEAR
⚠ Rocket alert during infiltration: STAY PUT — do NOT leave your room

Hostile Aerial Vehicle (UAV/Drone) Infiltration

⚠️ UAV infiltration uses the **same siren** as rocket/missile attacks but has **different behavioural guidelines**. Shelter time is **10 minutes** unless updated.

Means of Alert

The alert is received through:

- **Home Front Command App** — personal alert based on location (location services must be active) plus up to 10 areas of interest. The caption “Infiltration of a Hostile Aerial Vehicle” appears with guidelines
- **National Emergency Portal** (oref.org.il) — targeted alert on your computer if you have defined alert areas
- **Home Front Command Sirens** — rising and falling alarm (same sound as rocket/missile attack)
- **Media** — radio stations, TV channels, and news websites broadcast the alert with area name and guidelines

If Indoors

1. Go immediately to the **most protected space**: Mamad, Mamak, Mamam, shelter, inner stairwell, or inner room
2. **Stay in the protected space for 10 minutes**, unless another alert or additional guideline is received

If Outdoors

1. **In a built-up area:** enter the optimal protected space in a nearby building. **Do not stay in the entrance hall**
2. **In an open area:** lie on the ground and protect your head with your hands. If you cannot lie down — crouch as much as possible and protect your head
3. **Wait** until an explicit guideline allows you to leave

If In a Vehicle

1. **Stop at the side of the road**, exit the vehicle, and enter the optimal protected space in a nearby building

2. If no building is reachable — exit and move **away from the vehicle** beyond the shoulder or safety railing, lie down, and protect your head
3. Only if you **cannot exit** the vehicle — pull over, open the windows, and crouch below the window line
4. **Wait** until an explicit guideline allows you to leave

If On Public Transport

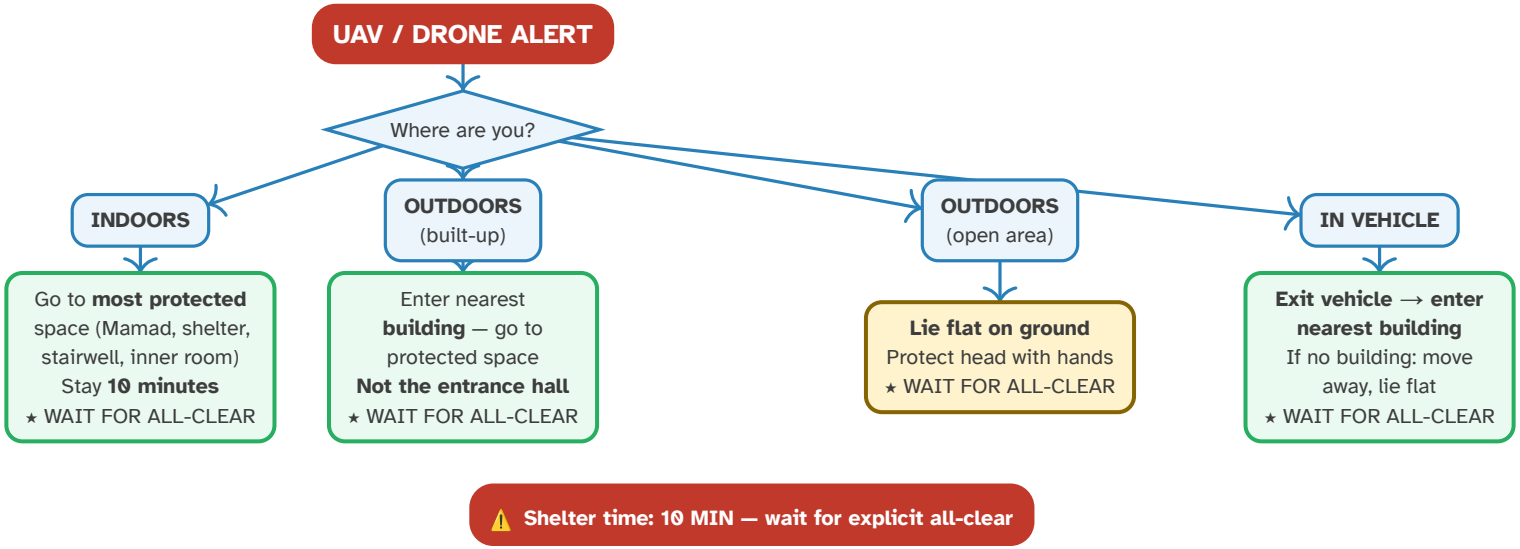
1. **Inter-city / school buses:** driver stops at roadside and opens doors; passengers crouch below the window line and protect their heads
2. **Urban buses:** driver stops and opens doors for passengers to reach optimal protected space; if not reachable, crouch below window line
3. **Trains:** driver slows to 30 km/h; passengers crouch below window line in carriages and protect their heads

Key difference from rockets: UAV alerts require a **10-minute shelter time** and you must wait for an explicit “all clear” — do not self-release based on quiet.

[2]

[2] Based on Home Front Command guidance as of 20 March 2026. Always verify with current HFC guidance at oref.org.il.

UAV/Drone Infiltration — Decision Flowchart


UAV / DRONE ALERT
Where are you?
INDOORS
Go to most protected space (Mamad, shelter, stairwell, inner room)
Stay 10 minutes
★ WAIT FOR ALL-CLEAR
OUTDOORS (built-up)
Enter nearest building — go to protected space
Not the entrance hall
★ WAIT FOR ALL-CLEAR
OUTDOORS (open area)
Lie flat on ground
Protect head with hands
★ WAIT FOR ALL-CLEAR
IN VEHICLE
Exit vehicle → enter nearest building
If no building: move away, lie flat
★ WAIT FOR ALL-CLEAR
⚠ Shelter time: 10 MIN — wait for explicit all-clear

On Shabbat your phone is off — the emergency radio and TV become your lifeline. Set them up before candle-lighting.

Chapter 3: Shabbat / Hag (Observant Jews)

When phones are off and sirens are the only alert. Prepare before candle-lighting.

Before Shabbat / Hag

	ITEM	CHECK
	Channel 14 / Gal Shaket ⚠️	☐ **PLAYING ON TV BEFORE SHABBAT** ☐ **VOLUME TESTED — AUDIBLE FROM BEDROOMS** *Verify TV not muted*
	Emergency Radio ⚠️	☐ **FREQUENCY AND OPERATION VERIFIED** ☐ **VOLUME AT MAXIMUM** ☐ **POWER SUPPLY — AC OR BATTERIES**
	Go Bag	☐ **BY DOOR** ☐ **CONTENTS VERIFIED**
	Shabbat Supplies	☐ **PACKED** *Siddur, kiddush cup, snacks for shelter*
	Shoes ⚠️	☐ **CLOSED-TOE BY BED AND BY DOOR** *Do not rely on slippers*

👕	**Clothes**	☐ **LAID OUT BY BED** *Full outfit, not just pyjamas*
🔑	**Keys**	☐ **BY FRONT DOOR**
	Torch	☐ **WITHIN ARM'S REACH** *Pre-set on nightstand*

Pikuach nefesh (preservation of life) overrides all Shabbat prohibitions. If a siren sounds, you may — and **must** — use your phone, carry items, and do whatever is needed to reach shelter safely. This is not a leniency; it is **halacha**.

During Shabbat / Hag

- **Sirens are your primary alert.** Keep windows slightly open so you can hear outdoor sirens
- **TV or radio must stay on and audible** throughout Shabbat — this is your only real-time information source
- **Know your shelter route in the dark** — no phone torch available (unless siren sounds)
- After an alert, **stay in shelter for 10 minutes or until all-clear on TV/radio**

⚠️ **If you hear a siren on Shabbat:** Move to shelter immediately. Carry children, phone, go bag — whatever you need. There is no halachic question here.[3]

[3] Based on Home Front Command protocol as of 20 March 2026. Consult your rabbi for specific halachic guidance.

Stock up on water during lulls — the Home Front Command recommends 3 litres per person per day for 72 hours.

PART II

Checklists

Rapid readiness checks, the full master checklist, and situational checklists for daily use.

Chapter 4: Quick Smoke Test — "BRACED"

Periodic rapid readiness check. Can be completed in under 2 minutes.

#	CHECK	VERIFY
B	Bag	☐ BY DOOR · ZIPPED · CONTENTS VERIFIED
R	Route	☐ EXIT HALLWAY CLEAR · DOOR UNLOCKABLE QUICKLY
A	Alerts	☐ PHONE ON · CHARGED · HFC APP RUNNING · CORRECT AREA ☐ WIRELESS ALERTS ENABLED · DND OVERRIDE VERIFIED
C	Cover	☐ NEAREST 3 SHELTERS KNOWN · ROUTES WALKABLE
E	Essentials	☐ 72-HOUR WATER SUPPLY ACCESSIBLE · NOT EXPIRED
D	Dependents	☐ ALL HOUSEHOLD MEMBERS PRESENT OR ACCOUNTED FOR

Mnemonic: BRACED

“Stay BRACED”

The master checklist covers everything — technical systems, home environment, go bag, dependents, and situational awareness.

Chapter 5: Master Checklist

Technical Systems & Alerts

	ITEM	CHECK
📱	**Smartphone** ⚠️	☐ **ON PERSON** *or location known* ☐ **BATTERY LEVEL — OK** *or charging*
📡	**Smartphone Config** ⚠️	☐ **POWERED ON** *DND okay; airplane mode not okay* ☐ **LOCATION SERVICES — ENABLED** Home Front Command App: ☐ **INSTALLED** ☐ **CONFIGURED** *See Appendix A* ☐ **RUNNING** ☐ **CORRECT ALERT AREA — VALIDATED** Emergency Wireless Alerts: ☐ **ACTIVATED** *Ensure 'Extreme' threats are alerting*

	Computer	Red Alert app for browser: ☐ **ACTIVE** ☐ **CORRECT LOCATION SET** ☐ **TESTED AND VALIDATED WORKING**

Home Environment

	ITEM	CHECK
	Water ⚠️	☐ **72 HOURS SUPPLY — READY** *Calc 3L/Person/Day. Resupply when necessary*
	Food ⚠️	☐ **PANTRY GOODS — STOCKED** *See Appendix I for Israeli pantry staples*
	Torch	☐ **ACCESSIBLE** *Hand crank or battery with reserve*
	Hallway ⚠️	☐ **CLEAR** *No obstructions*
	Fire Extinguisher	☐ **ACCESSIBLE** ☐ **SMOKE DETECTOR — INSTALLED AND TESTED**
	Escape Routes	☐ **PRIMARY EXIT IDENTIFIED** ☐ **SECONDARY EXIT IDENTIFIED**

		Back door, porch, emergency stairs ☐ **ROUTES CLEAR OF OBSTACLES**
	Baby Carry	☐ **BY FRONT DOOR**
	Mamad	☐ **PREPARED** *See Appendix C — Mamad Inspection*

*Heavy furniture securing, gas/electricity shutoffs, and fire safety — see **Appendix G: Pre-Emergency Home Safety**. These are preparation tasks, not wartime-active checks.*

An N95 mask takes almost no space in your bag but could save your life — dust, smoke, and debris are real hazards after an impact.

Go Bag

See Chapter 2 §2.1 and Appendix H for detailed go bag guidance.

ITEM	CHECK
Prepared ⚠️	☐ **BY DOOR** ☐ **ZIPPED / SEALED**
Contents (Basic) ⚠️	☐ **PHONE CHARGER AND CABLE — PACKED** ☐ **POWER BANK — PACKED** *Level verified or charging* Medications: ☐ **ESSENTIAL MEDS — PACKED** ☐ **SUPPLY CHECKED AND REPLENISHED** ☐ **TORCH — INSIDE AND CHARGED** ☐ **N95 — PACKED** *One per person*
Contents (Additionals)	☐ **EMERGENCY WHISTLE — PACKED** ☐ **AM/FM RADIO — PACKED** *Battery or charge OK* ☐ **FIRST AID KIT — PACKED AND SUPPLIED** ☐ **TRAVEL ROUTER — PACKED** ☐ **CAFFEINE PILLS — PACKED** *Optional — for rapid alertness during night alarms. Skip if caffeine-sensitive.*

Overnight Stays	☐ **RELIGIOUS EFFECTS — PACKED** *Siddur, Tefilin* ☐ **FOOD / DRINK — PACKED** *For longer stays* ☐ **EYE MASK AND EARPLUGS — PACKED** *If sleeping in shelter* ☐ **WATER BOTTLES** ☐ **UMBRELLAS** ☐ **TRAVEL ROUTER + ETHERNET + AC SUPPLY** ☐ **PLUG ADAPTERS / SPLITTERS** ☐ **TENT / BLANKET**
Travel Docs	☐ **PASSPORTS — PACKED AND VALIDATED** ☐ **CASH — ON HAND / PACKED** ☐ **NATIONAL IDS — PACKED** ☐ **TRAVEL DOCS — PACKED**

People & Dependents

ITEM	CHECK
Dependents ⚠️	All household members: ☐ **PRESENT** or ☐ **ACCOUNTED FOR AND CONTACTABLE**

Babies & Young Children

ITEM	CHECK
Essential Supplies ⚠️	PACKED in Go Bag: ☐ **Diapers** ☐ **Wipes** ☐ **Pacifier** ☐ **Formula** ☐ **Bottle** ☐ **Changing mat + privacy**
Ready To Go ⚠️	☐ **CLOTHED** *Or clothes by bed* ☐ **BABYWEAR BY DOOR** ☐ **FED** *If needed* ☐ **CLEANED** *If needed*

Person & Personal Effects

	ITEM	DAYTIME	NIGHT
	Clothing ⚠️	☐ DRESSED *For weather*	☐ BY DOOR / BY BED / SLEEPING IN
	Footwear ⚠️	☐ WEARING — CLOSED TOE	☐ BY DOOR / BY BED — CLOSED TOE
	Keys ⚠️	☐ ON PERSON OR BY DOOR	
	Wallet	☐ ON PERSON	
	Meds	☐ TAKEN ON SCHEDULE	
	Rest	☐ RESTED *When possible*	
	Hygiene	☐ SHOWERED *As soon as possible* ☐ TEETH BRUSHED ☐ TENDED TO	
	Toilet	☐ DONE *As soon as possible*	

Situational awareness means knowing your shelter options, scanning the news every few hours, and keeping your HFC app updated.

Situational Awareness

	CATEGORY	ACTIONS	FREQUENCY
	News	☐ **SCANNED**	*Every 1–3 hours*
	Alert Area	☐ **KNOWN**	
	Shelters	☐ **NEAREST 3 KNOWN** ☐ **ACCESSIBILITY VERIFIED** ☐ **OPEN / HOURS NOTED** ☐ **EXIT TIMED**	*Once per emergency*
	HFC App	☐ **CHECKED** *Current advice*	*Once per day*
	Supplies	☐ **WATER + FOOD REPLACED** ☐ **BATTERIES + ELECTRONICS CHECKED**	*Water/food: 3 months* *Batteries: 6 months*

Working from home during wartime — stay dressed, keep shoes on, and make sure you can hear a siren over your headphones.

Chapter 6: Situational Checklists

Daytime At-Home Posture

Quick status check while at home during the day. Run after waking, and repeat after any disruption.

	ITEM	CHECK
	Phone ⚠️	☐ **ON PERSON** *Or within arm's reach* ☐ **CHARGED OR CHARGING** ☐ **HFC APP RUNNING**
	Dressed ⚠️	☐ **FULLY CLOTHED** ☐ **CLOSED-TOE SHOES ON** *Not slippers, not barefoot*
	Keys ⚠️	☐ **ON PERSON OR IN/BY DOOR**
	Go Bag ⚠️	☐ **BY DOOR** ☐ **ZIPPED**
	Exit Route ⚠️	☐ **HALLWAY CLEAR** ☐ **FRONT DOOR CAN BE OPENED QUICKLY**

	Browser Alert	☐ **RED ALERT EXTENSION ACTIVE** *If working at desk*

Working from home during wartime:

- Stay dressed and shoed — do not slip into pyjamas “just at the desk”
- Headphones: use one ear only, or keep volume low enough to hear a siren
- Save work frequently — you may need to abandon your desk mid-sentence
- At the start of any call: *“I’m in an active alert zone. I may need to leave abruptly.”*

After every shelter visit, reset everything — go bag back by the door, phone on charge, clothes back in position. The next alert could come any time.

After Returning From Shelter (Reset)

Run immediately after the all-clear. Restore full readiness before the next alert.

	ITEM	CHECK
	Go Bag ⚠️	☐ **BACK BY DOOR** ☐ **RE-ZIPPED** *Did anything fall out? Put it back now*
	Phone ⚠️	☐ **ON CHARGE** *If battery dropped* ☐ **HFC APP STILL RUNNING**
	Power Bank	☐ **ON CHARGE** *May have been used in shelter*
	Water	☐ **RESUPPLIED** *If you drank from emergency stock*
	Clothes & Shoes	☐ **BACK IN POSITION** *By bed (night) or on person (day)*
	Torch	☐ **BACK IN POSITION** *Nightstand or go bag*
	Dependents ⚠️	☐ **ALL ACCOUNTED FOR AND SAFE**

Self-Care — Do these NOW, not later. You don't know when the next alert comes.

- ☐ **EATEN**
  Stress suppresses appetite — eat anyway. You need the energy.
- ☐ **HYDRATED**
- ☐ **TOILET — DONE**
- ☐ **SHOWERED**
  If time and situation allow
- ☐ **GROOMED**
  Morale and normalcy matter
- ☐ **RESTED**
  When possible

Children:

☐ **FED** ☐ **HYDRATED** ☐ **TOILETED / CHANGED**

☐ **CLEANED**

If possible ☐ **RESTED**
Put down for nap if timing allows

Showering is when you're most vulnerable — keep it short, phone volume at max, clothes in the bathroom ready to throw on.

Everything laid out before lights off: shoes by the bed, clothes ready, torch on the nightstand, go bag by the door.

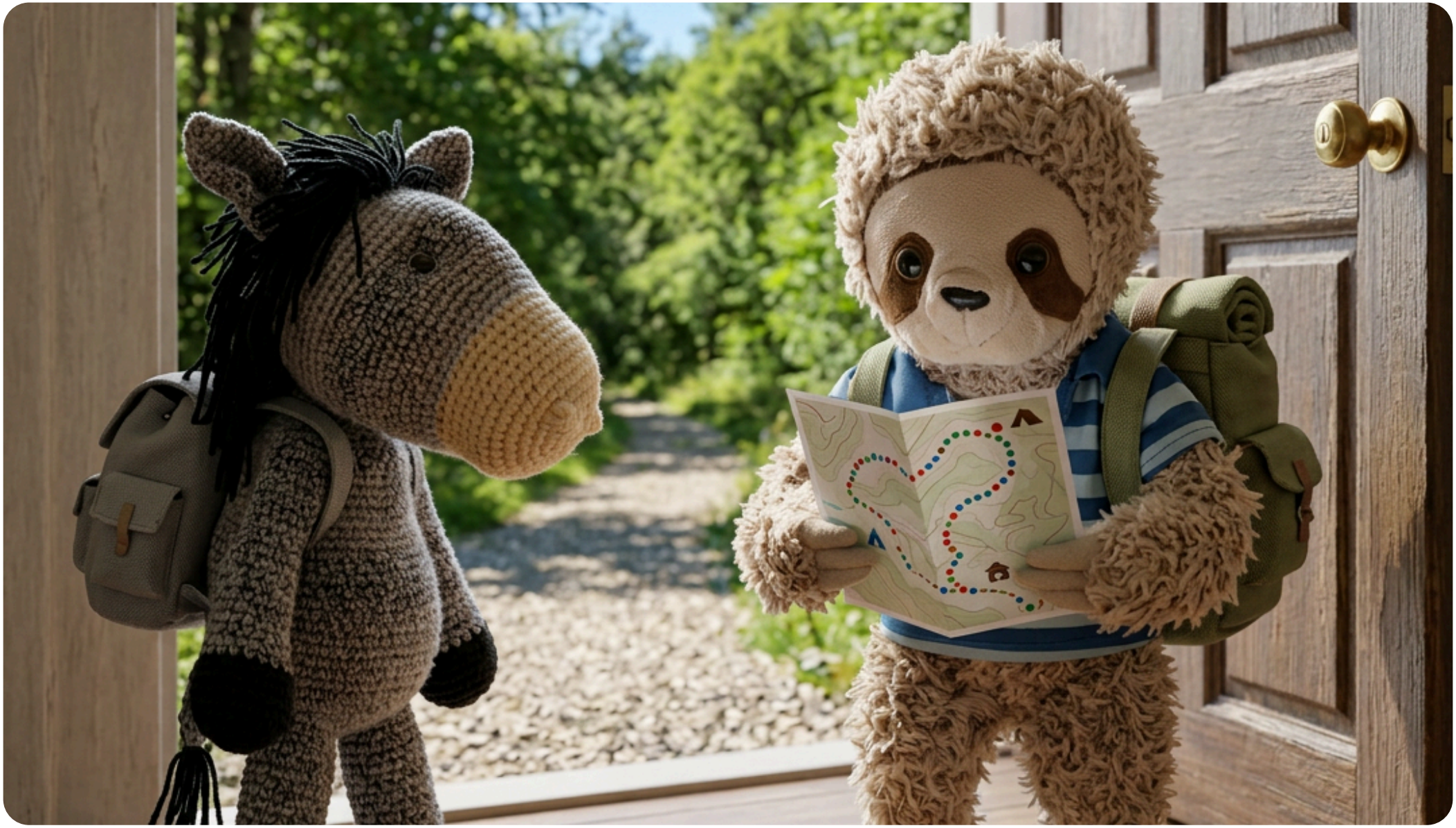
Before Showering

	ITEM	CHECK
	News Check ⚠️	☐ **SITUATION SCANNED** *No active alerts in your area*
	Phone ⚠️	☐ **VOLUME AT MAXIMUM** *Must be audible over water* ☐ **IN BATHROOM OR JUST OUTSIDE DOOR**
	Clothes ⚠️	☐ **FULL OUTFIT IN BATHROOM** *Ready to throw on immediately — not in another room*
	Footwear ⚠️	☐ **CLOSED-TOE SHOES BY BATHROOM DOOR**
	Towel	☐ **WITHIN REACH** *For rapid dry-off*
	Door	☐ **BATHROOM DOOR UNLOCKED**
	Keep It Short ⚠️	☐ **TIME MINIMISED** *You are at your most vulnerable; be quick*

Before Bed

	ITEM	CHECK
	News Check	☐ **SITUATION SCANNED** *Assess if safe to sleep at home*
	Phone ⚠️	☐ **CHARGING OR CHARGED** ☐ **NOT IN AIRPLANE MODE** *DND/silent OK* ☐ **LOCATION SERVICES ON** ☐ **HFC APP — NOTIFICATION + OVERRIDE PERMISSIONS**
	Clothes ⚠️	☐ **LAID OUT BY BED** *Full outfit ready in seconds*
	Footwear ⚠️	☐ **CLOSED-TOE SHOES BY BED** *Ready to step into immediately*
	Torch	☐ **WITHIN ARM'S REACH** *On nightstand, not buried in go bag*
	Glasses	☐ **BY BED** *Same spot every night*
	Caffeine Pill *(optional)*	☐ **BY BED WITH WATER** *You may wish to take one on waking to a siren to speed alertness. Not suitable for those with heart conditions, anxiety disorders, or caffeine sensitivity. Consult your doctor.*

	Keys	☐ **ACCESSIBLE** *By bed or on hook by front door*
	Go Bag ⚠️	☐ **BY DOOR** ☐ **CONTENTS VERIFIED** ☐ **POWER BANK ON CHARGE**
	Exit Route ⚠️	☐ **HALLWAY CLEAR** *Can navigate in the dark* ☐ **FRONT DOOR NOT DOUBLE-LOCKED**
	Hearing ⚠️	☐ **NO EARPLUGS** *You must hear the siren and phone alert*
	Dependents ⚠️	☐ **ALL ACCOUNTED FOR** ☐ **BABY — CLOTHED OR CLOTHES BY BED, BABYWEAR BY DOOR**



Before you step outside: go bag, phone charged, HFC app running, shelters identified along your route. Know where you'd go if a siren sounds.

Before Leaving Home

	ITEM	CHECK
	Go Bag ⚠️	☐ TAKING WITH YOU
	News Check ⚠️	☐ SITUATION SCANNED BEFORE DEPARTURE *Check HFC app and news for active alerts*
	Shelters ⚠️	☐ NEAREST SHELTERS IDENTIFIED *At destination and along route*
	Time To Shelter	☐ KNOWN FOR DESTINATION AREA
	Phone ⚠️	☐ CHARGED ☐ HFC APP RUNNING ☐ LOCATION ON
	Car Fuel	☐ AT LEAST HALF A TANK
	Household Notified	☐ DESTINATION AND RETURN TIME COMMUNICATED

Keep an emergency water reserve sealed and accessible — don't wait for the supply to run dry.

PART III

Appendices

Reference material, emergency numbers, inspection checklists, and supplementary guidance.

Appendix A: Home Front Command App (Android)

ITEM	CHECK
Installed	☐ VERIFIED
Up To Date	☐ VERIFIED *No pending updates*
Alerting Area	☐ SET AND IDENTIFIED
Permissions	☐ DND EXEMPTION — VERIFIED ☐ REMOVE PERMISSIONS IF UNUSED — DISABLED ☐ BATTERY OPTIMISATIONS — DISABLED ☐ BACKGROUND DATA ACCESS — PERMITTED ☐ DISPLAY OVER OTHER APPS — GRANTED

Appendix B: Emergency Numbers

NUMBER	SERVICE	NOTES
100	**Israel Police**	Unexploded ordnance, security incidents *SMS: 052-2020100*
101	**Magen David Adom**	Injuries, first aid, medical emergencies *SMS: 052-7000101*
102	**Fire & Rescue**	Fires, trapped persons, structural collapse *SMS: 050-5960735*
103	**Electric Corp.**	Power outages, electrical hazards *SMS: 055-7000103*
104	**Home Front Command**	Guidelines, alerts, emergency info *SMS: 052-9104104*
106–109	**Municipality**	Local information, municipal assistance
110	**Police Info**	Road blocks, police information

Support & Welfare Numbers

NUMBER	SUPPORT & WELFARE
118	Welfare Ministry — Information and assistance
1201	ERAN — Emotional first aid hotline
***8840**	Senior Citizens — Ministry of Social Equality
***9696**	National Insurance — Counselling
105	Missing persons hotline
1-800-363-363	NATAL — Trauma support
03-6919765	NAAN — Youth crisis line
***4954**	Tax Authority — War property damage claims
1-700-707-889	Population Authority — Foreign workers
04-7702651	Immigration assistance (English)

⚠️ ☐ **PRINTED COPY POSTED AT HOME**

Fridge or front door, and in go bag. Do NOT rely on phone alone.

Appendix C: Mamad (Protected Space) Inspection

Based on Home Front Command guidelines for residential protected spaces.[4]

Structural Inspection

ITEM	CHECK
Blast Door	☐ **OPENS AND CLOSES EASILY** ☐ **HANDLE TURNS 90° UPWARD** ☐ **DOUBLE LOCK FUNCTIONS**
Door Seal	☐ **RUBBER INSULATION PRESENT** *Not dried out or cracked — replace if brittle*
Light Test	☐ **NO LIGHT PENETRATION WHEN SEALED** *Light = inadequate seal*
Steel Outer Window	☐ **OPENS AND CLOSES EASILY**
Glass Inner Window	☐ **FUNCTIONS CORRECTLY** *Double-wing:* ***remove both wings*** *during escalation and store outside room*
Ventilation Pipes	☐ **RUBBER INSULATION INTACT** ☐ **STEEL COVER SCREWS TIGHTEN FULLY**

[4] HFC mamad inspection protocol as of 20 March 2026.

Contents & Safety

ITEM	CHECK
Flammable / Hazardous	☐ **NONE** *No flammable, hazardous, or toxic materials*
Glass / Ceramics	☐ **NONE** *No glass, ceramic, porcelain that could shatter*
Heavy Items	☐ **SHELVES AND HEAVY ITEMS FIXED TO WALLS**
Gas Tanks	☐ **3+ METRES FROM PROTECTED ROOM WALLS**
Emergency Supplies	☐ **STORED INSIDE OR IMMEDIATELY NEARBY**
Ceiling Fan	☐ **NONE INSTALLED** *Prohibited in mamads*
Ventilation	☐ **ROOM IS VENTILATED IF USED AS BEDROOM** *Must NOT be used as kitchen, bathroom, or washroom*

Appendix E: Hebrew Glossary

Key terms you will hear on the news, in alerts, and from neighbours.

HEBREW	TRANSLITERATION	MEANING
אזעקה	**Azaka**	Alert / siren
צבע אדום	**Tzeva Adom**	“Red Color” — the Red Alert warning
ממ״ד	**Mamad**	Apartment-level protected space
ממ״ק	**Mamak**	Floor-level protected space
ממ״מ	**Mamam**	Institutional protected space
מקלט	**Miklat**	Public bomb shelter
חדר מדרגות	**Khadar Madregot**	Stairwell
פיקוד העורף	**Pikud HaOref**	Home Front Command (HFC)
התרעה מקדימה	**Hatra’a Makdima**	Preliminary guideline
הנחיה מיוחדת	**Hankhaya Meyukhedet**	Special instruction
ירי רקטות	**Yeri Raketot**	Rocket fire
חדירת כלי טיס עוין	**Khadirat Kli Tis Oyein**	Hostile aerial vehicle
חדירת מחבלים	**Khadirat Mekhabblim**	Terrorist infiltration
רעידת אדמה	**Re’idat Adama**	Earthquake
חומרים מסוכנים	**Khomarim Mesukanim**	Hazardous materials

ניתן לצאת	**Nitan Latzeit**	“You may exit” — all-clear
היכנסו למרחב המוגן	**Hikansu LaMerkhav HaMugan**	“Enter the protected space”
שהו במרחב המוגן	**Shehu BaMerkhav HaMugan**	“Remain in the protected space”
דלת פלדה	**Delet Plada**	Steel/blast door
חלון פלדה	**Khalon Plada**	Steel window
תריס	**Tris**	Shutter
פנס	**Panas**	Torch / flashlight
תיק חירום	**Tik Kherum**	Emergency bag (go bag)
מד״א	**Mada**	Magen David Adom
צה״ל	**Tzahal**	IDF
משטרה	**Mishtara**	Police
כבאות	**Kaba’ut**	Fire service
ועד בית	**Va’ad Bayit**	Building committee
עורף	**Oref**	Home front (civilian rear)

Appendix F: Emergency Radio Frequencies

If phone and internet are down, a battery-powered or hand-crank AM/FM radio is your lifeline.

STATION	FM	AM	NOTES
Reshet Bet (כאן ב׳)	95.5 / 97.8	657 / 1206	Primary national news; HFC announcements
Galei Tzahal (גלצ)	102.3 / 103.0	—	IDF Radio; security updates
Reshet Aleph (כאן א׳)	100.3 / 104.0	531 / 1008	National talk and news
Reshet Gimel (כאן ג׳)	97.0 / 99.0	—	Hebrew music + news bulletins
Kol Israel Arabic	99.5	576 / 711	Arabic-language alerts
Reka (כאן רק״ע)	101.5 / 104.5	972	Russian/Amharic/French/English

- FM frequencies vary by region — scan nearby if no signal
- **AM is more reliable** during emergencies — longer range, works better inside buildings
- During emergencies, all stations simulcast HFC announcements
- **Write your local frequencies on the radio itself** with a permanent marker

Appendix G: Pre-Emergency Home Safety

These tasks should be completed before an emergency — during routine periods. They are not wartime-active checks.

	ITEM	CHECK
🏠	**Bookcases & Shelves**	☐ SECURED TO WALLS WITH L-BRACKETS OR STRAPS ☐ HEAVY OBJECTS STORED LOW *Not above head height*
🏠	**Appliances**	☐ WHEELED APPLIANCES — WHEELS LOCKED ☐ HEAVY APPLIANCES — STABLE AND SECURED
⚡	**Gas Shutoff** ⚠️	☐ LOCATION KNOWN *By all household members* ☐ ALL MEMBERS KNOW HOW TO SHUT OFF ☐ OPERATION TESTED *Turn clockwise 90° to close*
⚡	**Electricity Shutoff** ⚠️	☐ LOCATION KNOWN *Main breaker box* ☐ ALL MEMBERS KNOW HOW TO SHUT OFF
🧯	**Fire Extinguisher**	☐ ACCESSIBLE AND NOT EXPIRED ☐ ALL MEMBERS KNOW HOW TO USE

	Smoke Detector	☐ **INSTALLED — ONE PER FLOOR MINIMUM** ☐ **TESTED AND WORKING** *Test monthly* ☐ **BATTERIES REPLACED ANNUALLY**
	Water Heater	☐ **STRAPPED TO WALL** *To prevent toppling*
	Windows	☐ **NO GLASS OBJECTS ON WINDOWSILLS** *Can shatter into projectiles* ☐ **BLINDS / SHUTTERS — FUNCTIONAL**

Schedule a home safety walk-through every 6 months, or immediately after moving. These items take 1–2 hours to set up but dramatically reduce injury risk during shaking from nearby impacts.

Appendix H: Go Bag Recommendations

A detailed packing list. Adapt to your household size and needs.

Tier 1 — Always Packed (Critical)

	ITEM	NOTES
	Phone charger + cable	One per device type
	Power bank	10,000+ mAh; check charge weekly
	Essential medications	7-day supply; rotate monthly
	Torch + spare batteries	Or hand-crank torch
	N95 masks	One per person; sealed in bag
	Water bottle	1L minimum per person
	Emergency whistle	Audible from under debris
	First aid kit	Bandages, antiseptic, pain relief, scissors
	Copies of this guide	Laminated or in waterproof sleeve

Tier 2 — Recommended Additions

	ITEM	NOTES

	AM/FM radio	Battery or crank; write frequencies on it
	Travel router + ethernet	For shelter with wired internet
	Plug adapters / splitters	Shelter outlets are shared
	Cash (NIS)	Small bills; ATMs may be down
	Passports + national IDs	Copies in waterproof pouch
	Emergency contact list	Printed; phones die
	Multi-tool or Swiss Army knife	Blade, opener, screwdriver
	Duct tape + zip ties	Universal repair
	Permanent marker + paper	For notes if no phone

Tier 3 — Extended Stay (4+ Hours / Overnight)

	ITEM	NOTES
	Non-perishable snacks	Energy bars, nuts, dried fruit, crackers
	Extra water	3L per person per day
	Eye mask + earplugs	Sleep in shared shelter
	Blanket or emergency bivvy	Aluminium emergency blankets are compact
	Change of clothes	Including socks and underwear
	Toiletries bag	Toothbrush, wet wipes, hand sanitiser
	Entertainment	Book, cards, colouring for children

	Religious items	Siddur, tefillin (if applicable)
	Umbrella	For walking to shelter in rain

Rotation schedule: Check medications and power bank monthly. Rotate food and water every 3 months. Replace batteries every 6 months. Update documents annually.

Appendix I: Emergency Pantry Staples (Israel)

Items commonly available in Israeli supermarkets. Focus on shelf-stable, calorie-dense, minimal-preparation foods. All items below are available kosher.

Water

- **3 litres per person per day** (drinking + basic hygiene)
- **Minimum 72-hour supply** → 9L per person
- Store in sealed containers away from sunlight
- Rotate every 6 months
- **Tip:** freeze extra bottles — they keep food cold if power fails and become drinking water as they melt

Staple Foods

CATEGORY	ITEMS	SHELF LIFE
Canned Goods	Tuna (שימורי טונה) · Chickpeas (חומוס) · Corn · Beans · Tomatoes · Sardines	2–5 years
Grains & Starches	Rice · Pasta · Couscous · Matza / crackers · Instant oatmeal	1–2 years
Proteins	Canned tuna/sardines · Tahini (טחינה) · Halva (חלווה) · Peanut butter · Canned hummus	6–24 months
Dried Goods	Lentils (עדשים) · Dried fruits · Nuts · Sunflower seeds · Bamba	6–12 months
Quick Energy	Energy bars · Chocolate · Honey · Jam · Sugar · Dates (תמרים)	6–24 months
Beverages	Instant coffee · Tea bags · Powdered milk · Juice boxes (UHT)	6–12 months
Cooking Aids	Salt · Cooking oil · Instant soup mix (קנורר) · Spices	1–2 years
Baby / Special	Formula · Baby food jars · Gluten-free alternatives · Ensure/Ensure-type drinks	Check labels

Practical Tips

- **Buy items you actually eat** — rotate through normal cooking
- **FIFO:** First In, First Out — new stock to the back
- **Label everything** with purchase date
- **No power = no fridge:** plan for shelf-stable only
- **Can opener:** keep one with the pantry supplies (not in a drawer you won't find in the dark)
- **Kashrut:** all items above are available with hechsher at major Israeli chains (Shufersal, Rami Levy, Yochananof)
- **Pesach:** maintain a separate small stock of kitniyot-free / Pesach-suitable items if needed
- **Babies:** maintain **at least 2 weeks** of formula at all times
- **Special diets:** stock according to medical needs first

Don't panic-buy. Build your stock gradually over 2–3 weeks. Add a few extra items to each regular shop. This is sustainable and doesn't empty shelves for others.

References

All sources from the Israel Home Front Command (Pikud HaOref) English-language National Emergency Portal. Accessed and archived: 20 March 2026.

TOPIC	SOURCE
Protection Guidelines	oref.org.il/eng/emergencies/protection-guidelines
Emergency Supplies	oref.org.il/eng/articles/info/preparing-protected-space/1201
Reaching Shelter	oref.org.il/eng/articles/protection-guidelines/preparing-protected-space/1103
Residential Protected Space	oref.org.il/eng/articles/info/preparing-protected-space/1205
Types of Protected Area	oref.org.il/eng/articles/info/preparing-protected-space/1212
Communal Shelter Preparation	oref.org.il/eng/articles/protection-guidelines/preparing-protected-space/1704
Emergency Phone Numbers	oref.org.il/eng/articles/emergency-preparedness/preparing-routine/1211
FAQs — All	oref.org.il/eng/questions-answers/faq
FAQs — Rockets & Missiles	oref.org.il/eng/questions-answers/rockets-missles-faq
FAQs — Defensive Guidelines	oref.org.il/eng/questions-answers/defensive-guidelines-faq
FAQs — Receiving Alerts	oref.org.il/eng/questions-answers/receiving-alerts-faq
FAQs — Emergency Preparedness	oref.org.il/eng/questions-answers/emergency-coping-faq

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Credits & Disclaimer

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Illustrations

All illustrations by **Nano Banana**, featuring Herman the Donkey and Corn the Sloth — two crocheted characters who bring warmth and humour to wartime preparedness.

Characters

Herman the Donkey — Health & Safety Expert. Steadfast, practical, always carrying the right gear.

Corn the Sloth — Wellness Expert. Calm, mindful, always reminding you to look after yourself.

Herman and Corn are the co-hosts of **My Weird Prompts**, an AI-generated podcast exploring the strange and wonderful corners of artificial intelligence. They live with Daniel and Hannah in Rehavia, Jerusalem.

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Cross-referenced against official HFC guidance from oref.org.il, archived 20 March 2026.

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